



# DON'T MISS YOUR SHOT TO PROTECT YOURSELF

## Get your vaccinations today.

To help you stay healthy, you can receive vaccinations, including the **COVID-19 vaccine**, covered by your prescription plan at a participating retail pharmacy.<sup>1</sup>

### Call your local pharmacy to:

- Ask your pharmacist which vaccines are right for you
- Find out if your pharmacist can administer the recommended vaccinations
- Learn which vaccinations are covered by your plan

**Don't forget to present your member ID card to the pharmacist.**

### The following vaccines are available from pharmacists at participating retail pharmacies:

- COVID-19
- Flu (seasonal influenza)
- Tetanus, diphtheria, pertussis
- Hepatitis
- Human papillomavirus (HPV)
- Meningitis
- Pneumonia
- Shingles/zoster
- Travel vaccines (rabies, typhoid, yellow fever, etc.)
- Childhood vaccines (MMR, etc.)

There's more information about the COVID-19 vaccine and additional vaccines you may need on the next page.

# The COVID-19 vaccines

We understand you may still have questions about the COVID-19 vaccines. So we've answered a few of them here so you can feel confident in getting your vaccine.

## Are COVID-19 vaccines safe?

Yes. The FDA and independent reviewers from various fields, like immunology, pediatrics, internal medicine and more, scrutinized the vaccines before they launched. The FDA and CDC continue to monitor the vaccines' safety and effectiveness.<sup>2</sup>

## How much will they cost?

Vaccines are available at no charge. And you can get your vaccine administered for free at a pharmacy.



For information about the COVID-19 vaccines and your community, visit [express-scripts.com/COVID19](https://express-scripts.com/COVID19).

## Guidance around additional vaccines you may need:<sup>3</sup>

### Flu

All adults should get a flu vaccine each year. The vaccine is especially important for pregnant women, older adults and those with chronic health conditions.

### Tetanus, diphtheria and pertussis (whooping cough)

All adults should get a one-time dose of this vaccine. It's different from the tetanus vaccine (Td) that's given every 10 years.

### Human papillomavirus (HPV) vaccine

Females 26 and younger and males 21 and younger need three doses of this vaccine.

### Measles, mumps and rubella (MMR) vaccine

Adults born in 1957 or later need two doses of this vaccine depending on indication.

### Varicella "chickenpox" vaccine

All adults without immunity need two doses of this vaccine.

### Recombinant zoster vaccine (RZV; Shingrix®)

All adults 50 or older need two doses of this vaccine. Adults 60 or older can receive RZV or zoster vaccine live (ZVL; Zostavax®), but RZV is preferred. Adults who previously received ZVL should wait at least two months before receiving RZV.<sup>4</sup>

### PCV13 (Pneumovax®) and PPSV23 (Pneumovax®)

Adults 65 and older need one dose of each of these vaccines depending on age and health.

1. COVID-19 vaccines may be administered at most pharmacies in the nation. Call your local pharmacy for additional details.

2. Guidelines vary based on gender, age, immunity, prior exposure to certain diseases and prior vaccination history. Consult with your doctor if you have questions about specific vaccinations you may need. Vaccines guidelines developed by the Centers for Disease Control and Prevention. <https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>. Accessed September 2020.

3. <https://www.cdc.gov/vaccines/acip/members/index.html>

4. ZVL should not be given to pregnant women and adults with severe immunodeficiency